

Syllabus

There are many issues related to the use of drugs: Why people use them, how they affect people, how society responds to drug use, what can be done to prevent or terminate use, and so on. It's not feasible to teach students in this course how to spot a drug user at fifty paces, or even how to counsel someone out of their current addiction. Therefore, the purpose of this class will be to help you become more informed about the factors that may underlie drug use and introduce you to controversies surrounding drugs and society. We will do this by considering mind/psychology, body/pharmacology, and environment/sociology. A different drug will be highlighted in each section to illustrate the points made. This is in contrast to the more typical approach of spending the majority of time discussing individual classes of drugs (stimulants, opiates, etc.) Although this can be important information, it is often material that is memorized for tests and promptly forgotten.

Grading:

We will have three, 50-point, non-cumulative exams (dates noted below) and a 20 point on-line quiz. The exams and quiz will either account for 100% of your grade **OR**, if you choose, the exams and quiz can count for 75% of your grade with the other 25% of the grade coming from the paper described below.

Extra-credit may be offered through participation in research studies or other relevant events. Grade cut-offs are calculated prior to extra-credit being added, which means no one is penalized for *not* participating. You can earn up-to 5 points of extra-credit.

Required materials:

Ratliff-Crain, J. (2008). *Drugs and Human Behavior: A Biopsychosocial Perspective*, ****GRAY COVER****
Chapters 1-4, 6, 7 and 12-14; available only through the UMM Bookstore.

Also:

1. Materials included on the course web page: <http://www.morris.umn.edu/~ratliffj> and then choose "PSYC 1081"
2. Materials included on the course WebVista site. Access via the MyU Portal (<https://myu.umn.edu>).

How to contact me....

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Office Hours: Mon. & Wed., 10-11 am; Tue., 2:30-3:30 pm, or by appt.

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Optional paper: If you choose to have 25% of your grade based on a paper, the paper must follow the structure and content listed here and must be turned in by class time on Friday, Dec. 12. The paper will focus on a drug or class of drugs (*other than alcohol*) that has appeared in the news this past year (trust me—that includes a *wide variety* of substances). The paper needs to include all of the following:

1. A brief description of the pharmacological effects of the drug and its mechanisms of action (i.e., how it works).
2. A summary of the primary risks and benefits associated with use of the drug. "Benefits" should include not only the purpose for which the drug was developed (e.g., extended pain relief for OxyContin), but also the effects sought by people who abuse it, if it is abused (e.g., the heroin-like effects when OxyContin is misused).
3. A brief summary account of the drug's history and social/legal impact and status.
4. A summary of news accounts related to this drug from the past year. (You may want to check this part first before writing the rest of the paper).

When I say brief, I mean it. I expect each section to be approximately 1-2 typed pages in length (total paper length approximately 5-7 pages).

Paper is due Friday, Dec. 12. Late papers will **not** be accepted. Books will be available on reserve at the library for your use, but additional items can (and should!) be ordered through inter-library loan as soon as possible. Full guidelines for the paper will be posted on the web page.

Course Outline

NOTE: All textbook readings are required and there will be a few reserve readings that are required. *Be aware of what you need to read!*

Section 1-- Introduction to drugs and drug use issues. This section will clarify terms and approaches to drug classification (e.g., by pharmacologic effect v. level of risk v. legal classification) and patterns of drug use in society. Understanding these terms and issues will be necessary for understanding examples and issues raised throughout the course.

Dates: Oct. 22 – Oct. 24. Online quiz to be completed between 10/27 and 10/31.

Readings:

From Ratliff-Crain (R-C)--

- Chapter 1 (*Introduction: The scope of the drug problem*) Pages 9-41.

On-line Quiz (20 pts.): On Chapt. 1 and lecture material 10/22 – 10/24. The quiz will be on WebVista and will be available for you to take between 10/27 and 3:20 pm 10/31. You must work on the quiz independently, but can use book or notes. Instructions for accessing WebVista and the quiz appear on the course web page.

Section 2: Biological aspects of drug abuse: An introduction to the nervous system and pharmacology.

Because drugs are chemicals that take advantage of the body's natural systems, an understanding of those systems is vital to any understanding of drug use.

Stimulant and Opiate drugs will be highlighted for this section.

Dates: Oct. 27 – Nov. 10. In-class exam: Monday, Nov. 10.

Readings:

From R-C--

- Chapt. 2 (*Introduction to the nervous system*), Pages 49-71.
- Chapt. 3 (*How drugs interact with the body*), Pages 78-105.
- Stimulants (pp. 188-194)
- Opiates (pp. 199-205)

IN-CLASS EXAM (50 pts.), Monday, Nov. 10: On Biological aspects of drug use, including lecture information from 10/27 – 11/7, assigned readings.

Section 3-- Psychological aspects of drug use and approaches to substance abuse treatment. This section will build on the ideas introduced in Sections 1 & 2 by discussing how individual perceptions, decisions, and experiences affect patterns of drug use. Theoretical perspectives from varying areas of psychology will be introduced followed by their implications for substance abuse treatment.

Alcohol will be the drug emphasized in this section because it represents the drug for which treatment is most frequently sought.

Dates: Nov. 12 – Nov. 26. Online Exam: To be taken between 12:01 am Nov. 25 and 2:00 pm Dec. 1.

Readings:

From R-C--

- Chapt. 4 (*Perspectives on drug use and abuse*), Pages 110-145.
- Chapt. 14 (*Approaches to treatment*), Pages 290-322.
- Chapt. 6 (*Alcohol: The common depressant*), Pages 150-182

ONLINE EXAM (50 pts.), Available on WebVista from 12:01 am Nov. 25 to 2:00 pm Dec. 1: On Psychological aspects of drug use and approaches to substance abuse treatment, including lecture information from 11/12 – 11/26 and assigned readings. The exam will be open note/open book but must be completed independently.

Section 4-- Societal issues and approaches to substance abuse prevention. This last section will move outward from the individual in order to explore factors that affect society's responses to different drugs (e.g., economics); the debate as to how to deal with society's "drug problem" (is it a legal or a public-health problem?); and approaches to prevent development of drug abuse. The drug to be focused on here will include one that has garnered much controversy about its status: Marijuana.

Dates: Dec. 1 – Dec. 12. In-class Exam: Thurs., Dec. 18, 8:30 am

Readings:

From R-C--

- Chapt. 12 (*Cultural and economic history of drugs*), Pages 235-251.
- Chapt. 13 (*Legal control of drugs: History and controversies*), Pages 256-284.
- Marijuana (pp. 205-214)

Plus--

- Additional, assigned reading on views regarding drug regulations. (You will be placed in groups and assignments made based on your group's task.) Your assignments will be placed on WebVista.

EXAM (50 pts.), Thursday, Dec. 18, 8:30 am: On Societal issues and approaches to substance abuse prevention, including lecture information from 12/1 – 12/12, and assigned readings.

F.Y.I.

Some Web sites:

National Institute on Drug Abuse: <http://www.nida.nih.gov>
(This site also contains links to numerous drug & alcohol sites).

"Web of Addictions": <http://www.well.com/user/woa>
(This site also provides links and responds to positions raised by NORML, MPP, and other organizations, esp. under "FACTS" page.)

Drug Enforcement Administration (DEA): <http://www.usdoj.gov/dea/>

The Drug Reform Coordination Network: <http://www.druglibrary.org>
(Provides links to several organizations and information bases related to the reform of drug policy. Groups such as NORML are represented here. One link, "The Schaffer Library," I list separately because of the quality of information.)

"The Schaffer Library of Drug Policy": <http://www.druglibrary.org/schaffer/index.htm>
(This is a privately developed site on which people have submitted information and documents on a number of drugs-- some historical, some opinion. Information on the history of drug policies is provided as well as information from other countries. Some very interesting info. from a wide array of sources. As with most things on the Web, consider the sources of information prior to any assumptions regarding accuracy...)

The UMM Counseling office also provides a number of links related to drug, alcohol, and tobacco dependence and cessation sites: <http://www.morris.umn.edu/services/counseling/Drugs.html>

Plus see web links at the ends of each chapter under the heading of "Web Exercise".

Other sites are linked on the course web page and will be updated during the semester. If you find an interesting web source, *please let me know* and I'll add it to the page.

DEFINITIONS OF GRADES & ACADEMIC WORKLOAD EXPECTATIONS

(The following information is provided as required by the University Senate.)

A -- achievement that is outstanding relative to the level necessary to meet course requirements.

B -- achievement that is significantly above the level necessary to meet course requirements.

C -- achievement that meets the course requirements in every respect.

D -- achievement that is worthy of credit even though it fails to meet fully the course requirements.

S -- achievement that is satisfactory, which is equivalent to a C- or better.

F (or N) -- Represents failure (or no credit) and signifies that the work was either (1) completed but at a level of achievement that is not worthy of credit or (2) was not completed and there was no agreement between the instructor and the student that the student would be awarded an I (see also I)

I -- (Incomplete) Assigned at the discretion of the instructor when, due to extraordinary circumstances, e.g., hospitalization, a student is prevented from completing the work of the course on time. Requires a written agreement between instructor and student.

Grades are determined from your points on exams, the optional paper and your standing in relation to everyone else. Cut-offs will be calculated for each exam based on the class mean and standard deviation and the highest score on the exam. (If a score is markedly higher than other students', the next highest score will be used to determine cut-offs.) Final grades will be determined by the sum of the cut-offs determined over the duration of the course. Your final grade will be determined by where your total score lands in relation to the cut-offs. Because of the method of grade calculation used, it will not be possible to predict the exact number of points any one student will need to achieve any certain grade before all tests and assignments have been graded.

Work load: For undergraduate courses, one credit is defined as equivalent to an average of three hours of learning effort per week (over a full semester) necessary for an average student to achieve an average grade in the course. *For example, a student taking a two-credit course will be expected to put in 90 hours of work during the semester.* That means that for a course that meets three 65-minute sessions per week for 7.5 weeks, students will be expected to put in approximately 8 hours of work outside of class per week during the time the course meets.

Cheating and plagiarism policy: The University defines **scholastic dishonesty** as “submission of false records of academic achievement; cheating on assignments or examinations; plagiarizing; altering, forging, or misusing a University academic record; taking, acquiring, or using test materials without faculty permission; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement.” Scholastic dishonesty, in the form of cheating on exams, using a previous student’s paper, etc., will result in a “0” for the assignment or exam, at the minimum, and possible removal from the course, at the maximum. Incidences of scholastic dishonesty will be reported, in writing, to the Vice-Chancellor for Student Affairs.

Resources for students:

- *Disability Services:* It is University policy to provide reasonable accommodations to students with disabilities. Such students need to be registered with Disability Services before faculty make accommodations. Please contact the instructor or the Disability Services Office (DSO), 589-6178, Room 362 Briggs Library to discuss accommodation needs. More information about the DSO can be found at <http://www.morris.umn.edu/services/dsoaac/dso/>
- *Academic Assistance:* UMM’s Academic Assistance Center is available for help developing effective study habits, setting up study tables, arranging for tutors, etc. Information and online tips are available at: <http://www.morris.umn.edu/services/dsoaac/aac/>
- *Counseling Center:* UMM’s Student Counseling office provides free personal, crisis, and developmental counseling, educational programming and outreach, and maintains a confidential service for students who have been sexually harassed or harassed based on race, sexual orientation or religion. <http://www.morris.umn.edu/services/counseling>

MON	TUE	WED	THU	FRI
	10/20- 10/21	10/22 NO CLASS: Do Assignment on WebVista by Fri., 10/24 (see e-mail for details)	10/23	10/24 Pt. 1: Introduction to drugs & drug use issues R-C: Chapter 1 <u>Begin WebVista Quiz</u>
10/27 Pt. 2: Biological aspects R-C: Chapt. 2	10/28	10/29 Pt. 2: Biological aspects R-C: Chapt. 2	10/30 <u>WebVista Quiz</u> <u>DUE by midnight.</u>	10/31 NO CLASS: Catch up on your reading and see web page exercises
11/3 Pt. 2: Biological aspects R-C: Chapt. 2 + 3	11/4	11/5 Pt. 2: Biological aspects R-C: Chapt. 2 & 3	11/6	11/7 Pt. 2: Biological aspects R-C: Chapt. 2 & 3 Opiates & Stimulants
11/10 EXAM over Pt. 2: Biological Aspects	11/11	11/12 Pt. 3: Psychological aspects R-C: Chapt. 4	11/13	11/14 Pt. 3: Psychological aspects R-C: Chapt. 4
11/17 Pt. 3: Psychological aspects R-C: Chapt. 4	11/18	11/19 Pt. 3: Psychological aspects R-C: Chapt. 4; Chapt. 6 (Alcohol)	11/20 -	11/21 Pt. 3: Psychological aspects R-C: Chapt. 4; Chapt. 14 (Treatment)
11/24 Pt. 3: Psychological aspects R-C: Chapt. 4; Chapt. 14 (Treatment)		11/25 - 11/26 ONLINE EXAM over Pt. 3: Psychological Aspects & Alcohol Available on WebVista 12:01 am Nov. 25 to 2:00 pm Dec. 1		11/27-11/28 THANKSGIVING BREAK
12/1 Pt. 4: Societal Aspects R-C: Chapt. 12	12/2	12/3 Pt. 4: Societal Aspects R-C: Chapt. 12 & 13; marijuana Plus assigned articles.	12/4	12/5 Pt. 4: Societal Aspects R-C: Chapt. 12 & 13; marijuana Plus assigned articles.
12/8 Pt. 4: Societal Aspects R-C: Chapt. 13; marijuana	12/9	12/10 Pt. 4: Societal Aspects Prevention & education	12/11	12/12 Pt. 4: Societal Aspects Prevention & education

FINAL EXAM, 8:30-10:30 am, Thurs., Dec 18, covering Pt. 4, Societal Aspects, including lecture information from 2/29 – 3/12, and assigned readings (Chapters 12, 13, Chapt. 6 pp. 205-214).

IMPORTANT DATES:

- Nov. 4 = Last day to drop w/o a W grade; last day to change from A-F to S-N (or reverse)
- Nov. 18 = Last day to drop w/o using the one-time-only late drop option.